## ABSTRACT

A communications system comprising a central node, at 1 least one remote node and a communications link. 2 remote node is adapted to receive information transmitted 3 from the central node over a broadcast link and the 4 communications link is adapted to convey information from 5 the remote node to the central node. The central node is 6 adapted to dynamically tailor a remote node transmit 7 power control and a bandwidth as requested by the remote 8 node for conveying information over the communications 9 link. 10